

STABLE AND BIOAVAILABLE IRON FORTIFIED BEVERAGES

ABSTRACT

Beverages and powdered beverage mixes fortified with ferric EDTA as an iron source are provided. The beverages and beverage mixes fortified with ferric EDTA according to this invention have superior iron bioavailability and excellent storage stability. The present invention also is directed to a method of using such ferric EDTA-fortified beverages to prevent or treat iron-deficiency anemia in individuals by administering the iron fortified beverage of the invention in an effective amount to an individual in need thereof.